

### ABSTRACT OF THE DISCLOSURE

A combination of an electrical cable hanger, anchor assembly and coupling assembly, and methods of forming and using such a combination. The hanger is preferably formed from a wire rod and is shaped to be fastened to a surface/substrate such as a concrete, wood, or metal overhead deck or side wall. The hanger preferably comprises an integral fastening loop and stabilizing segment at one end that provides a stabilizing footprint on the substrate. The coupling assembly couples the anchor assembly to the fastening loop, is suitable for use with a variety of fastener types, and facilitates the use of a rigid hanger as well as rigidly coupling the hanger to the side wall, deck, or other surface.